

Title:

A Sleep Aid to Dream About

Word Count:

557

Summary:

This article reviews a newly developed drug that is supposed to induce drowsiness while improv

Keywords:

sleep aid

Article Body:

Just when one thinks that there is just one too many sleep aids available in the market, think

A Swiss drug company named Actelion has also unveiled a new candidate drug known as orexin-RA-

Shahrad Taheri, a doctor from the University of Bristol, said that orexin has great potential

The new sleep aid drug is now undergoing stage trials. Clozel says that the drug could be avail

Aside from using medications, people with insomnia should continue receiving non-medical help

Cutting down on caffeinated drinks especially during hours that are too near sleeping time

Avoiding stimulating activities such as games, exercise, and watching action movies when on is

Keeping the bedroom as a private place for sleeping. An insomniac should not do work inside t

The room must be kept dark, free from noise, and comfortable enough to induce relaxation and d

In very severe cases of sleep deprivation, the help of medical and psychiatric professionals s

Soon, however, new drugs such as orexin may help people with severe sleep deprivation gain bac

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